

Chicken and Beans

Makes: 6 servings

This simple one-pot dinner mixes kidney beans and chicken in a savory tomato sauce.

Ingredients

- 1 can** kidney beans (15 ounce)
- 1** garlic clove
- 1** onion (medium)
- 5** chicken thighs (5-6 medium thighs)
- 8 ounces** tomato sauce
- 1/4 cup** vinegar
- 1 teaspoon** sugar
- salt and pepper (to taste, optional)

Directions



1. Drain and rinse beans.
2. Crush garlic.
3. Dice onion.
4. Dice chicken thighs.
5. In large, pot, cook chicken until half done.
6. Add tomato sauce, vinegar, onion, garlic, sugar, salt and pepper.
7. Simmer for about 30-40 minutes or until chicken is tender.

Nutrition Information

| Nutrients | Amount |
|-----------------------|-------------|
| Calories | 267 |
| Total Fat | 8 g |
| Saturated Fat | 2 g |
| Cholesterol | 110 mg |
| Sodium | 253 mg |
| Total Carbohydrate | 22 g |
| Dietary Fiber | 6 g |
| Total Sugars | 4 g |
| Added Sugars included | 3 g |
| Protein | 27 g |
| Vitamin D | 0 IU |
| Calcium | 44 mg |
| Iron | 3 mg |
| Potassium | 670 mg |

N/A - data is not available

MyPlate Food Groups

| | | |
|---|---------------|----------|
|  | Vegetables | 3/4 cup |
|  | Protein Foods | 3 ounces |

8. Add kidney beans and simmer for 5-10 more minutes.

Notes

Cider, white, and Japanese wine vinegars differ in flavor.
Try other vegetables. Dry beans may be used. See
package for cooking directions.

Source: University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education, Food Skills
CookbookFood Stamps Nutrition Education Program